THE BODY SHAPE SOLUTION—the core issues:

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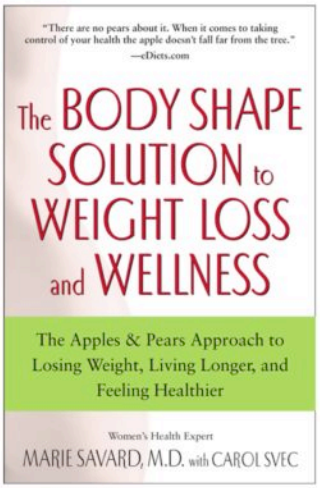
- All fat is not created equal. Apple-zone fat is harmful. Pear-zone fat is protective.
- Health is measured by inches—not by the pound. It's not about your weight; it's about your waist measurement. Losing only 2 inches can make all the difference.
- Any diet that restricts whole foods such as fruits, grains, beans, or vegetables is irresponsible.
- Apple-shapes can consume all the elite carbs and elite proteins they want.
- There's something special about nuts. When people incorporate nuts into their diets their weight has a tendency to go down and their heart health goes up, even if they make no other changes in their diets.



- Adopt a 25% solution—that is, eat 25% less—for lasting weight loss success without lowering your metabolism.
- Exercise is the single most powerful weapon we have in our personal health arsenal.
- Your shape determines your best choices for hormones, medications and medical testing.

Dr. Marie Savard is an internationally know internal medicine physician, expert on wellness and champion for patient rights. She is the author of three books: *The Body Shape Solution to Weight Loss and Wellness: The Apples & Pears Approach to Losing Weight, Living Longer, and Feeling Healthier, How to Save Your Own Life: The Savard System of Managing – and Controlling – Your Own Health Care* and *The Savard Health Record*.

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